



Bari



BARI
SARDO

*traditions
nature
beaches*



Bari is the ancient name of Bari Sardo. It was given the latter name in around 1840 during the period of the Sardinian-Piedmontese Kingdom, but to its citizens and the inhabitants of Ogliastra, this little town on the eastern coast of Sardinia is still known as Bari.

Its position and excellent road connections make it easy to reach the places of greatest cultural and landscape interest in the province of Ogliastra.

Its territory, rich with the colors and fragrances typical of the Mediterranean maquis (brush) and still largely uncontaminated, faces the sea with a coastline along which long sandy beaches alternate with atmospheric cliffs, for the joy of sea lovers everywhere.

Photos:
Provincia dell'Ogliastra
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THE TERRITORY

*A landscape drawn by the fire of magma
and colored by the Mediterranean maquis.*

The territory of Bari Sardo, which extends from the basaltic plateaus of *Teccu* and *Su Crastu* and gentle green hills of *Su Pranu* and *Pizzu 'e Monti* as far as the alluvial plains of *Pranargia* and *Goleri*, is characterized by particular morphological and geolithological features that make it an interesting and richly fascinating landscape. One of the areas of greatest landscape, geological, and archaeological interest is the “giara” (jar) of *Teccu*, built by the magma of ancient eruptions, which emerges like a dark island standing out from the surrounding hills.

The hardened flow is about 10 meters thick, and becomes thicker toward the mouth of the ancient volcano, called *Sa Iba Manna*, which is higher than the rest of the plateau and the top of which dominates much of the territory of Bari Sardo.

Another landscape gem is the hill of *Su Pranu*. From various points at its top it

is possible to enjoy the most fascinating panoramas offered by the territory of *Ogliastra*. The eye can sweep from the imposing *Mont'e Ferru* to the south, as far as the steep walls of the *Baunei* mountains to the north. Once intensely farmed, today it is covered with a dense Mediterranean maquis, including tall trees, and a large cork oak forest.

Of considerable interest from the nature standpoint, for the flora and fauna with which they are rich and because they are a place of passage of various species of migratory birds, are the wetlands of *Bau 'e Nì* and the ponds of *Liggius*.

The town stands at the bottom of the *Teccu* plateau which, together with the hills of *Pizzu 'e Monti*, protects it from the prevailing northwesterly and sirocco winds and from the view of the coast, which in the past was the site of numerous invasions.



The “giara” of *Teccu* (above) slopes toward the coast for about four kilometers to plunge with its dark rocks into the waves of the sea near the localities of *Punta Niedda* (left) and *Punta Su Mastixi*.

Along the walls of the plateau and much of the hardened lava flow, there is a luxuriant, dense Mediterranean maquis providing the ideal habitat for various species of fauna, and which in the spring offers a varied range of fragrances and colors, dominated by the yellow of the broom.

THE COAST

Between earth and sea, the striking alternation of long white beaches and black cliffs.

The biggest attraction of Bari Sardo is definitely its enchanting coast, which stretches for a length of about 10 km and is characterized by the clearness and cleanness of its water, the reason for which the town has been rewarded various times over the past 15 years with the “Bandiera Blu” (Blue Flag) for swimming suitability. The coastline of Bari Sardo starts to the north with the *Cea* beach, which stands partly in the territory of the neighboring town of Tortolì. The beach, one kilometer long, consists of fine, white sand. Its shallow waters are blue with an iridescence created by the reflections of the sun on the sea bottom. A few meters from the shore rise two

sea stacks of red porphyry called *Is Iscoglius Arrubius*, (*Arrubius* means “red”), which stand out against the horizon with an unusual color contrast. Continuing southward, the sandy coast is abruptly interrupted by the dark cliffs of *Punta Niedda*, *Punta Su Mastixi*, and the little cove of *S'Abba e s'Ulimu*. These cliffs form the farthest part of the basaltic plateau of *Teccu* and are totally unique for the entire coastline of Ogliastra. Exploration of the characteristic seabeds created by the hardened flows of basaltic rocks is particularly appreciated by snorkeling and diving fans, but the richness of the seabeds is a great attraction for those who practice underwater fishing as well.



The little cove of *S'Abba 'e S'Ulimu* with the dark basalt cliffs.

The long beach of *Pranargia* (large photo), with its deep water and exposure to the winds, is the ideal place for surfers and kites.

Much of the seacoast of Bari Sardo is equipped with facilities for swimming, handicapped-accessible entrances, and parking areas.

Also available are numerous recreational activities, accommodation facilities, restaurants, cafés and bars. In some of these, especially those closest to the beach, the night life is particularly lively.

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The promontory on which the Spanish tower stands divides the beach of Bari into two parts: the part to the north is called *Mari de is ominis* (Sea of the Men) and that to the south is the *Mari de is femunas* (Sea of the Women). These curious names date from the period when local customs would not permit men and women to bathe in the same waters.

South of the cliffs created by the basalts of *Teccu* is the beach of *Torre di Bari*, the most popular and frequented of the beaches, sun-kissed until dusk and set into a splendid landscape. Several kilometers long and a few dozen meters wide, it is split in half by a small granite promontory on which the Spanish tower after which the places are named ("Torre") stands. The part to the north of the tower, called *Mari de is ominis*, is characterized by coarse, light ochre-colored sand and is surrounded by a lovely dense pine forest.

The part to the south, called *Mari de is femunas*, formed by grey pebbles and fine sand, stretches as far as a large rock that separates it from a beach of fine light-colored sand mixed with pebbles. The waters of this beach, called *Sa Marina*, sparkle with a thousand colors thanks to the plays of light created by the reflections of the sun on the pebbly sea bottom. Behind it extend stretches of Mediterranean maquis, pines grove, and eucalyptus trees. The beach ends at the locality of *Foxi*.

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The beach of Foxi takes its name from the mouth (*"foxi"* in the local dialect) of the *Bau 'e Nì* stream, which flows into this part of the sea in the winter. The mouth, bordered by typical marsh vegetation, abounds with species of fauna such as coots, mallards, common moorhens, and herons; there are also various fish species that populate this type of water: grey mullet, bass, and eel. The coast of Bari Sardo ends with the long beach of *Pranargia e Foddini*, several kilometers long and around a hundred meters wide, surrounded for its entire length by a large, cool pine forest.



The view sweeps over the long stretches of white beaches where, even in the middle of the summer, it is possible to spend long days far from the crowd and in total relaxation: beaches which, in the winter months (*previous page*), take on a particular charm, connected with the large spaces and the solitude of the places, ideal for taking long walks in contact with nature.

ARCHAEOLOGY

Ancient cultures carved in stone.



The hypogean necropolis of *Pizzu'e Monti* (left) consists of two *domus de janas*, in a good state of preservation, carved out of an outcrop of red porphyry. The first consists of an anti-cell and three cells developing longitudinally; the second, situated a bit higher up, is a single-cell *domus* built with an accurate craftsmanship.

The splendid hypogean necropolis of *Funtana Su Rettore* (above) is situated in the locality of the same name on the hills of *Su Pranu*. It consists of three two-cell *domus de janas*, in a good state of preservation, which develop above land from the outside inward. The hypogea open 234 meters above sea level on a steep porphyry wall.



Views of the *Sellersu* nuraghe from the inside and from the outside (above) and from the entrance with architrave and small window-air hole (right).



The territory of Bari Sardo boasts the presence of an extremely rich archaeological wealth dating from the prenuragic and nuragic periods. The most ancient remains date from the Neolithic Age; it is from this period that the numerous *domus de janas*, near which there are often millstones carved out of the granite (*cuvettes*), date. Much more represented is the nuragic period, with its numerous nuraghes, present throughout the territory but concentrated in particular on the *Teccu* plateau and the highlands running along the *Riu Mannu*, the district's most important stream. Unfortunately not all of the archaeological sites are easy to reach and enjoy. Only a few, the hypogean necropolises of *Pizzu 'e Monti* and *Funtana Su Rettore* and the *Sellersu* nuraghe, can be visited after a brief walk.

The *Sellersu* nuraghe, situated on the *Teccu* plateau in a strategic position, dominates the entire *Cea* bay and offers a view of a splendid landscape. The monument, built of basalt, is in a fair state of preservation and consists of a main circular tower, a tower against it to the northwest, and an access structure. There was probably originally a south-southwestern tower also.

THE TOWN

*The church and the tower:
two central monuments around which
the community life revolves.*

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The Parish Church, built in the 17th century, has a single nave, with a transept and three chapels on each side. The exterior of the church is very simple. In fact, the façade has a granite doorframe containing the sole portal, crowned by a false lunette, contrasting with a rich interior characterized by a generous use of prized marbles and decorations.



No stay in Bari Sardo can be without a visit to the parish church of Beata Vergine del Monserrato. Of exceptional impressiveness and majesty for such a small town as Bari Sardo, it stands out in the urban fabric with its octagonal cupola and campanile decorated in the “Barochetto” style, which elegantly dominates the town with its height of 35 meters. Winding one's way through the narrow alleyways of the oldest part of the town, it is possible to discover several old and typical dwellings.

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The true symbol of Bari Sardo is, without a doubt, its splendid Spanish Tower which, with its beauty and impressiveness, characterizes the entire coastal area of *Torre di Bari*. From a small promontory it dominates the entire coast, for the defense of which it was erected in the 17th century by decree of the King of Spain Philip II.



Reduced to a state of ruin up to a few years ago, the church of San Leonardo has recently undergone restoration and it is now possible to admire its simple beauty. The building, erected in the 16th century probably in a single continuous construction phase, is situated in the district of the same name in an elevated position, from which it dominates much of the town.

THE FESTIVALS

A fascinating journey amongst ancient traditions and new initiatives.

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A few scenes from the
de Su Nenniri Festival.



The course of the year is punctuated by numerous events that involve the entire population of Bari Sardo and the inhabitants of the environs. During these festivals, mainly of a religious nature, ancient rituals are celebrated and fascinating traditions are brought back to life.

The first months of the year are marked by the festivities in honor of St. Anthony the Abbot, by the *Bariese* carnival, with its Mardi Gras, and by Good Friday when, with the majestic, evocative *Via Crucis* procession, the Passion of Christ is reenacted. In the summer, in June, the *Corpus Domini* procession is held, while on the second Sunday in July, with the *de Su Nenniri* festival, the cult of St. John the Baptist is celebrated. This festival has ancient origins. In fact, it originated as a pagan festival and today it still has some non-religious elements that distinguish it, and in which it is not difficult to recognize a close bond with the ancient cult of Adonis. The ritual of the festival, surprisingly similar to that of the gardens of Adonis, is repeated in the preparation of pots containing golden wheat sprouts (*su nenniri*) which, accompanied by magnificent oat straw crosses decorated with bows, by the characteristic bread of the festival, *su panì pintau*, and by the season's fruits, are carried in a procession from the church of San Giovanni to the sea and cast into the waves at the foot of the Spanish tower, as a propitiatory gesture. In September the town's patron saint, the Blessed Virgin of Monserrato, and Saints Michael and Jerome are celebrated.



The festivals' nights are enlivened by folk and musical shows, food tastings, and fireworks, which attract thousands of persons.

AT THE TABLE

*Simple, genuine flavors,
often the fruit of an ancient tradition
and extraordinarily tasty.*

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The gastronomic products offered by the territory of Bari Sardo are very varied and of high quality. Among them all, the typical, traditional ones stand out for their tastiness and uniqueness.

Not to be missed is the chance to taste the *culurgionis*, a typical dish of the Ogliastro area, consisting of a pastry filled with potatoes, *pecorino* cheese, and mint leaves, closed like a bag and hand-sewn with an ear of wheat decoration; *sa coccoi prena*, prepared with the same filling as the *culurgionis*, inserted into pastry discs and then pinched to form a sort of little crown, and baked in the oven; *maloreddus*, served with a meat sauce and good *pecorino* cheese; *sa coccoi* (a particular flat bread) with red pumpkin or onion and zucchini baked in a wood-burning oven.

The wood-burning ovens in both bakeries and private homes are used to bake, just as in the past, *su pani pintau* (decorated bread), *su pistoccu*, and *su moddizzosu*.

Typical cheeses include fresh or aged *pecorino*, *ricotta*, *su casu ageru*, *su casu marzu*, and *su cagittu* which, thanks to a millenary tradition, are excellent and of extremely high quality.

Also excellent are the various meat roasts, cooked on a spit, among which some flavorful stand-outs are *de copieddu* (suckling pig) and mutton.

Even though it is not a fishing town, in spite of its proximity to the coast, in Bari Sardo it is possible to enjoy dishes made with the delicious fish that abound in the sea of Ogliastro.

There are also numerous typical local sweets: *pabassinas*, *panisceddass*, *amarettus*, *cigiri pistau*, and *gattou*.

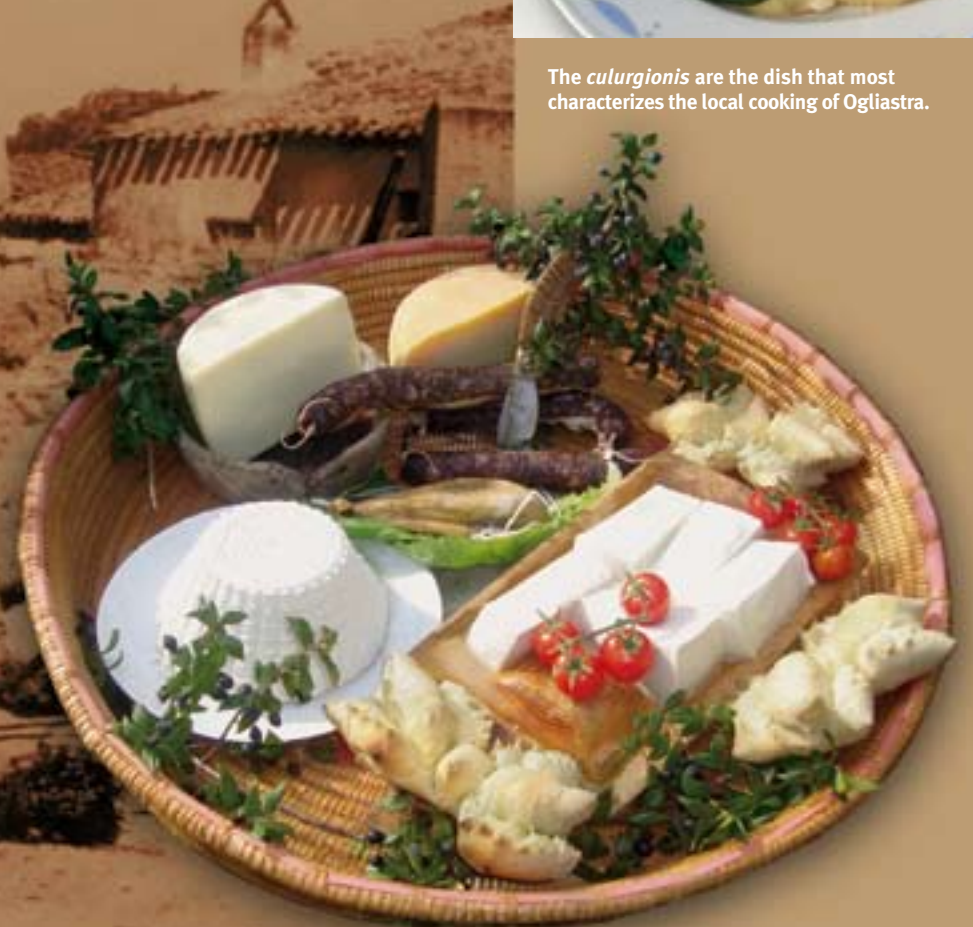
While enjoying the dishes of the local tradition of Bari Sardo, it is possible to drink an excellent Cannonau wine and, at the end of an abundant typical meal, sip a small glass of *abba ardentis*, the local brandy, also known as *filu ferru* (iron wire).



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The *culurgionis* are the dish that most characterizes the local cooking of Ogliastro.



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| Pro Loco Association (organization for the promotion of the territory) | Via Cagliari | 0782 28078 |
| Post Office | Via Verdi | 0782 29513/270006 |
| Bank - Banco di Sardegna | Via Mare | 0782 29537 |
| Public Phone | Via Cagliari | 0782 29521 |
| Medical Emergency | | 118 |
| Out-of-Hours Medical Service | Via G. Deledda | 0782 29478 |
| Tourist Medical Emergency Service | Loc. Torre di Bari | 0782 28112 |
| First Aid/Emergency Ward - Lanusei Hospital | | 0782 490211 |
| ASL 4 - Reservation Center | | 800 490312 |
| Ambulance Service - PAS Arcobaleno volontari | Via Sardegna | 0782 28100 |
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| Loceri Pharmacy | Via Roma | 0782 77075 |
| Tortolì Pharmacy | Via Mons. Virgilio | 0782 623030 |
| Cardedu Pharmacy | Via E. D'Arborea | 0782 75955 |
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